

Fruit-of-the-Month

POMEGRANATE

If you like finding hidden treasure you will love the pomegranate. The pomegranate is an ancient fruit that has been around for thousands of years and is native to the Middle Eastern region of the world. Inside the pomegranate lies many layers and crevices filled with beautiful, juicy, sweet edible seeds that provide powerful HEALTH BENEFITS. The pomegranate has compounds that have powerful antioxidant activity and potent anti-inflammatory properties, which are important for health promotion and disease prevention.

Other nutrition facts included in 2/3 cup of arils (the juicy part of the pomegranate with the seed inside) contains: Fiber: 4.5 grams. | Protein: 2 grams. | Carbohydrate: 15 grams | Vitamin C: 19% of the RDA. Vitamin K: 22.5% of the RDA. | Folate: 10% of the RDA. | Potassium: 7.5% of the RDA.



FOREST COUNTY
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PARTS OF POMEGRANATE

ARIL - a seed surrounded by a juice sac.

MEMBRANE - membrane surrounding the pomegranate arils; bitter and not recommended for consumption.

RIND - The outer peel.

SELECTION and AVAILABILITY

- Select pomegranates by weight, the heavier the pomegranate, the more juice they contain.
- The outside of a ripe pomegranate can vary from pink to a deep ruby red – redish brown.
- Although it may vary, pomegranate season typically runs from October through February.

HOW TO OPEN and STORE

Pomegranates are easy (and fun) to open.

- Cut off the top about a half inch below the crown with a sharp knife.
- With the top removed, score (slice just through the rind) - four to six sections of the pomegranate.
- Open using both hands; carefully pull the pomegranate apart in a bowl of water, breaking it into smaller sections. Loosen the arils under water, allowing them to sink to the bottom of the bowl; the membrane will float to the top. Scoop out the pieces of white membrane that have floated to the top of the water. Pour the arils and remaining liquid through a strainer.
- Unopened pomegranates can last up to one month on the counter or two months in the refrigerator. Fresh arils can last two weeks in a sealed container in the refrigerator and frozen arils can last for many months in the freezer.
- To freeze pomegranate arils, spread them in a single layer on a baking sheet lined with wax or parchment paper. Place in a freezer for two hours or until frozen. Transfer frozen arils to an air-tight container.

WAYS TO ENJOY POMEGRANATE

Make your ordinary meal extraordinary. Beautiful, juicy and sweet, they're fun to eat fresh from the fruit, added to your favorite dishes or juiced.

- Sprinkle on yogurt or stir into cereal or oatmeal.
- Use to brighten a green salad.
- Sprinkle them over your main dish for a lively garnish.
- Juice: Cut a fresh pomegranate in half as you would a grapefruit. To juice the pomegranate, you can either use a hand-press citrus juicer or an electric juicer. If using an electric juicer, include the rind; it has many health benefits.

